

Light Kristal

-33%kcal

The taste of sugar but not the calories

Cake made with Light Kristal

Ingredients:

125 g cake flour
100 g Light Kristal
125 g butter
4 eggs
5 g grated lemon peel
A pinch of salt

Preparation:

Preheat the oven to 170°C. Beat the butter thoroughly until a soft and smooth consistency is achieved. Add the (pre-measured) Light Kristal, grated lemon peel, salt and eggs & mix it altogether with the butter. Gently then add the cake flour to the mix and stir until an homogenous dough has been achieved. Grease a baking tray and fill it with the cake dough. Bake to a constant temperature for approx 45 minutes until the cake is golden brown in colour. Carefully press your finger on the surface of the cake, if it bounces back the cake is fully baked. Cool for approx 1hr before consumption.

Remark:

For fan ovens, cooking temperatures should be decreased by 10°C. For best results, make sure all ingredients are at room temperature prior to preparation

Biscuits made with Light Kristal

Ingredients:

500 g flour
165 g Light Kristal
300 g butter
1 egg
2½ g salt
10 g grated lemon peel
1 sachet baking powder

Preparation:

First sieve the baking powder and flour together, then (using another bowl) beat the butter thoroughly until a soft and smooth consistency has been achieved. Add the (pre-measured) Light Kristal, grated lemon peel and salt to the butter together with the egg and baking powder / flour mix. Again beat thoroughly until an homogenous dough has been achieved. Pack the dough in plastic foil and store in a fridge for several hours.

Pre-heat the oven to 170°C. Knead the dough and roll it onto a flat surface that has been sprinkled with flour to a thickness of approx 4 mm. Use a mould of your choice to cut out the biscuit shapes and put them on a greased baking tray. Coat the individual pieces with egg and almond & bake the biscuits for approx 20 to 25 minutes at constant temperature until golden brown. Leave to cool for 1hour before consumption.

Remark:

For fan ovens, cooking temperatures should be decreased by 10°C. For the best results, make sure all ingredients are at room temperature prior to preparation.



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